

## A journey with Gendai Reiki -Ho An interview with Jennifer Dowling

### ***Jim Frew interviews Jennifer Dowling about her journey in this Form, and her experiences at the recent seminars with Hiroshi Doi Sensei in Sydney, September 2007.***

*Jim: You are a Master practising in the form of Reiki known as Gendai Reiki Ho. You moved into this practice in 2004. I feel readers should know something of your Reiki history and how you came to move to this form of Reiki.*

Jennifer: I was a very satisfied Reiki Master practising in the lineage of Wanja Twan, Irma Gustavsen, Joan Stevenson, and thence to me, and had taught in the form of this lineage for some years. I wasn't looking for anything else until I purchased Doi Sensei's book "Modern Reiki Method for Healing". I read this book a number of times. I felt the energy emanating from it and knew that I had to meet this man.

At this stage, this was not through any desire to change my practice, but I made plans to go to Japan in May 2004 where I attended a Master workshop in Tokyo with Doi Sensei. This experience totally blew me away! I wasn't sure at this stage what I was going to do with this amazing experience, but I think what really deeply attracted me above everything else was the emphasis on the spiritual side of the practice. This was something that I felt had never been emphasised to the same degree in the Western style of Reiki. This really resonated with me, as Reiki for many in the West is thought of as just a healing practice, though I myself had come to recognise through my practice that there was a deeply spiritual aspect to it.

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*Jim: I think it is worth mentioning at this point that, at the seminar in Tokyo, you have told me that you were the only Western Master amongst a group of Japanese Masters, and that you were treated by the others in a very privileged way. Can you discuss in any way your experiences in this Japanese environment?*

Jennifer: Obviously, there was a language barrier in spite of having the support of an interpreter, so I learnt little of the background of others. But the experience in Japan for me was really the deepening of my understanding of the Usui System. The wealth of new information was mind-blowing. Doi Sensei is still a member of Usui Reiki Ryoho Gakkai, the society founded by Usui, but I feel that what he offers is a marrying of the Japanese tradition of Reiki with aspect of the Western form. Thereby, he wishes for Reiki to become available to everyone regardless of culture.

Moreover, the emphatic confirmation of the spiritual aspect of the practice was significantly important to me. Doi Sensei teaches that levels 1 and 2 provide the teaching of the healing aspect of the practice, whereas levels 3 and 4 go beyond to enlightenment – which is the ultimate goal of Reiki. I should explain that level 3 calls on the student to address and develop the spiritual aspect of the practice, whereas level 4 covers the teaching aspect and from there enlightenment will follow. Doi Sensei says that the path to Reiki is like climbing Mount Fuji, and attaining level 2 is only half way up! To go to the top, one needs to move to levels 3 & 4.



***Doi Sensei with Jennifer Dowling***

*Jim: Does Doi Sensei give significant instruction on the hand placements?*

Jennifer: He explains that, in Usui's day, there wasn't a formal routine of placements, and that this very likely evolved through Dr Hayashi's Reiki clinic, and this has become the modern practice, as people like to have a formalised routine to a treatment. Doi Sensei teaches a set of hand placements because the students feel secure with having a routine but, in time, people can develop the awareness to sense the imbalances in the body and thereby will know where to place their hands.

*Jim: Doi Sensei has so far ventured overseas on only a few occasions to introduce his form of Reiki to Western cultures, and the recent seminars in Sydney are his first visit to Australia. Can you tell readers something of your experiences at the seminars.*

Jennifer: The seminars were conducted over three days, and were beautifully organised by Karen Workman and the Board of Gendai Reiki Australia. On the first introductory day, I estimate that around forty-five people attended. In the afternoon, everyone was given 'Reiju' which is the early form of initiation devised by Usui Sensei – a way of people being introduced to the Reiki energy. Doi Sensei teaches this ritual to all his Masters. There was then an opportunity for questions.

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*Jim: What followed on from this first session?*

Jennifer: After the initial session for all those initiated into Reiki, the remaining sessions were an in-depth overview of the practice in this form. For me, it was a welcome refresher reminding me of things that I had forgotten from my training in Tokyo and needed to address. Very helpful! Doi Sensei talked in every session about the significance of the Precepts and how their philosophy should be acknowledged every day, and that they are the foundation for the practice. If we are in tune with what they say, then we will be in balance.

*Jim: For many people in Western society, they are probably a bit challenging and, added to that, there are several differing translations and as a result are not well understood.*

Jennifer: Doi also talked a lot about negative energy, and that if one worries, or is angry, or holds negative thoughts about others, this is held in the body and stops one being able to be resonate with the Reiki energy. This occurs as the negative emotions are at a lower frequency than the Reiki energy. Being mindful of this every day through the Precepts is so important. I also learned from Doi Sensei that Reiki is a generic term, and that a book "Reiki Ryoho and its effects" had been written about Reiki three years before Usui discovered it for himself. So we need to be clear that we are practising the Usui system, and not just Reiki.

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*Jim: We are aware that Doi Sensei doesn't speak English and relied on the translation of his friend, Hayakuten Inamoto. Can you tell readers something of his background?*

Jennifer: Inamoto is a Buddhist monk and a Reiki Master who has trained in Doi Sensei's form of Reiki. He is the founder of Komyo Reiki Kai. This system emphasises spiritual unfoldment.

*Jim: What other aspects were discussed?*

Jennifer: Doi Sensei spoke in depth about the Reiki symbols, how and where they originated, and how the Gakkai use different symbols to those used in the West. Doi Sensei does not regard the symbols as sacred; rather, they are tools with a purpose that connects us to the energy of Reiki, like keys to a lock.

*Jim: Was there a session specifically for Masters?*

Jennifer: Yes, the final session was for Masters of all lineages at which matters relevant to Masters were



***Hiroshi Doi and Hyakuten Inamoto during their Australia tour in September 2007. The tour was organised by Gendai Reiki Network Australia***

discussed. I came away feeling I had deepened a lot, and yet, as one deepens one's practice, so it appears to become simpler. One of my challenges is to focus my attention on the Reiki energy throughout every day. As Doi Sensei pointed out, the essence of the universe is love and, if we can keep the connection with the great universe, we will be this love. Healing is going back to this original state and maintaining this connection. In the West, we have been conditioned to "do" and to "achieve" and to "know". It is a huge challenge to us all just to "be". I believe that is the greatest gift we can give to ourselves, our families, our communities, and ultimately the planet.

***Jennifer Dowling is a Master/Teacher member of Reiki Australia and lives at Shoreham on the Mornington Peninsula, Victoria.***

**For people seeking more information, there is now an Australian information source, Gendai Reiki Network Australia [www.gendaireiki.org.au](http://www.gendaireiki.org.au)**

*Every man is more than just himself;  
he also represents the unique, the very  
special and always significant and  
remarkable point at which the world's  
phenomena intersect, only once in this  
way, and never again.*

*Herman Hesse*